

Body Image and Anthropometric Data in Adolescents

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Introduction

Body Image reflects a person path, whose perceptions are part of its unit and are determinant for its existence, at each moment. For each individual, the perception about his body is affected by several factors, that most of the time leads to dissatisfaction with owns body image, (1) (2) specifically in adolescents.

At the present moment, studies that correlate real measured anthropometric data, body image perception and satisfaction are not known in Portuguese adolescents.

Aim

To evaluate the relation between real anthropometric data and body image perception and satisfaction, in Portuguese adolescents.

Results

Sample: 124 (58%) females and 90 (42%) males

| Spearman's rho | | | BMI | Satisfaction | Perception |
|----------------|-------------------------|--|--------|--------------|------------|
| | | | | | |
| BMI | Correlation Coefficient | | 1,000 | ,457** | ,424** |
| | Sig. (2-tailed) | | | ,000 | ,000 |
| | N | | 214 | 214 | 214 |
| Satisfaction | Correlation Coefficient | | ,457** | 1,000 | ,187** |
| | Sig. (2-tailed) | | ,000 | | ,006 |
| | N | | 214 | 214 | 214 |
| Perception | Correlation Coefficient | | ,424** | ,187** | 1,000 |
| | Sig. (2-tailed) | | ,000 | ,006 | |
| | N | | 214 | 214 | 214 |

** . Correlation is significant at the 0.01 level (2-tailed).

Table 1
Body Mass Index (BMI), satisfaction and perception Spearman's Correlation

• The nonparametric test *Mann-Whitney-Wilcoxon* ($p=0,000$) revealed that there is a statistically significant difference between body image perception and satisfaction in the different genders.

• *Kruskal-Wallis test* ($p=0,000$) revealed that there is a statistically significant difference in body image perception in different education degrees.

• It was also found through a significant correlation between:

- Body image satisfaction and perception (Spearman Rho=0.187; $p=0.006$)
- Body image satisfaction and BMI (Spearman Rho=0.457; $p<0.000$)
- Body image perception and BMI (Spearman Rho=0.424; $p<0.000$).

Methods

• A descriptive transversal and quantitative study was designed in an education institution located in the North of Portugal.

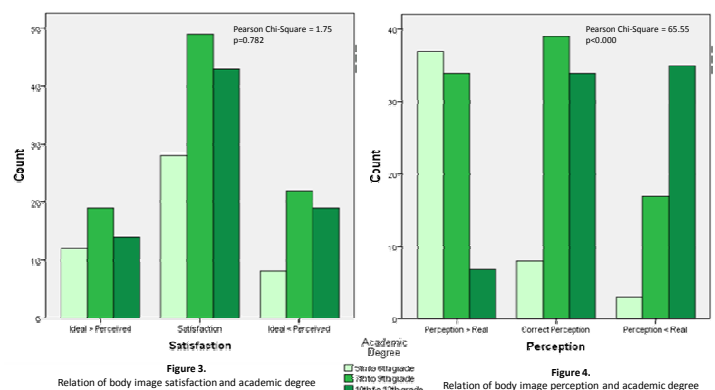
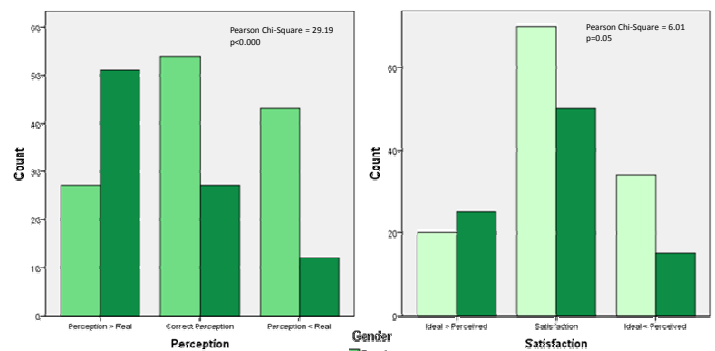
• There were evaluated 214 adolescents, between 10 and 18 years.

• Data was collected using body weight (SECA 869), stadiometer (SECA), measuring tape and skinfold calipers (HARPENDEN).

• Each participants anthropometric data (weight and height) were assessed, aiming to determine BMI for age percentile. (3)

• Body Image perception and satisfaction was determined using Gardner et al, body image scales, with +/- 30% distortion.(4)

• Data were analyzed using the statistical programme *SPSS (Statistical Package for Social Sciences)* version 19.0.



Conclusions

• Although several studies, in other countries and/or age groups, show that females have lower body image satisfaction levels than males, this study failed to show coincident results. (5)

• It was proved that as academic degree increases, adolescents body image perception increases as well. It is evident that intervention projects to promote better body images perception and satisfaction are fundamental, especially in adolescents from younger age groups, as previous studies recommended. (6)

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